



Janet's Rich Banana Bread



Vegetarian



Popular

READY IN



70 min.

SERVINGS



6

CALORIES



537 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 medium bananas sliced
- ☐ 0.5 cup butter melted
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract

- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup sugar white

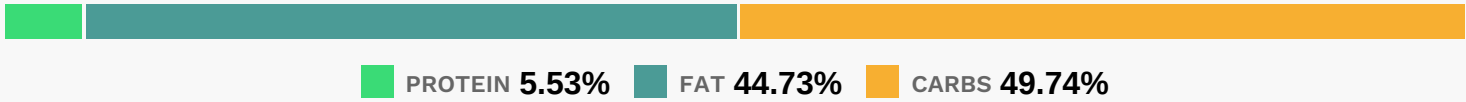
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.
- ☐ In a large bowl, stir together the melted butter and sugar.
- ☐ Add the eggs and vanilla, mix well.
- ☐ Combine the flour, baking soda and salt, stir into the butter mixture until smooth. Finally, fold in the sour cream, walnuts and bananas.
- ☐ Spread evenly into the prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 60 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 10 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:44.98, Glycemic Load:45.02, Inflammation Score:-6, Nutrition Score:10.950434809146%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin:

0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 537.33kcal (26.87%), Fat: 27.35g (42.08%), Saturated Fat: 12.81g (80.05%), Carbohydrates: 68.44g (22.81%), Net Carbohydrates: 65.92g (23.97%), Sugar: 39.21g (43.56%), Cholesterol: 106.54mg (35.51%), Sodium: 526.2mg (22.88%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 7.62g (15.23%), Manganese: 0.66mg (33.09%), Selenium: 17.07µg (24.38%), Folate: 83.22µg (20.81%), Vitamin B1: 0.3mg (20.1%), Vitamin B2: 0.31mg (18.26%), Vitamin A: 698.46IU (13.97%), Phosphorus: 124.32mg (12.43%), Copper: 0.25mg (12.38%), Vitamin B6: 0.24mg (12.2%), Iron: 2.13mg (11.83%), Vitamin B3: 2.26mg (11.28%), Fiber: 2.52g (10.08%), Magnesium: 37.04mg (9.26%), Potassium: 267.68mg (7.65%), Vitamin B5: 0.63mg (6.34%), Zinc: 0.85mg (5.69%), Vitamin E: 0.79mg (5.28%), Calcium: 48.85mg (4.88%), Vitamin C: 3.72mg (4.51%), Vitamin B12: 0.2µg (3.38%), Vitamin K: 2.21µg (2.1%), Vitamin D: 0.29µg (1.96%)